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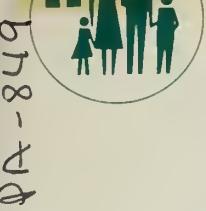
IRONING

clean clothes

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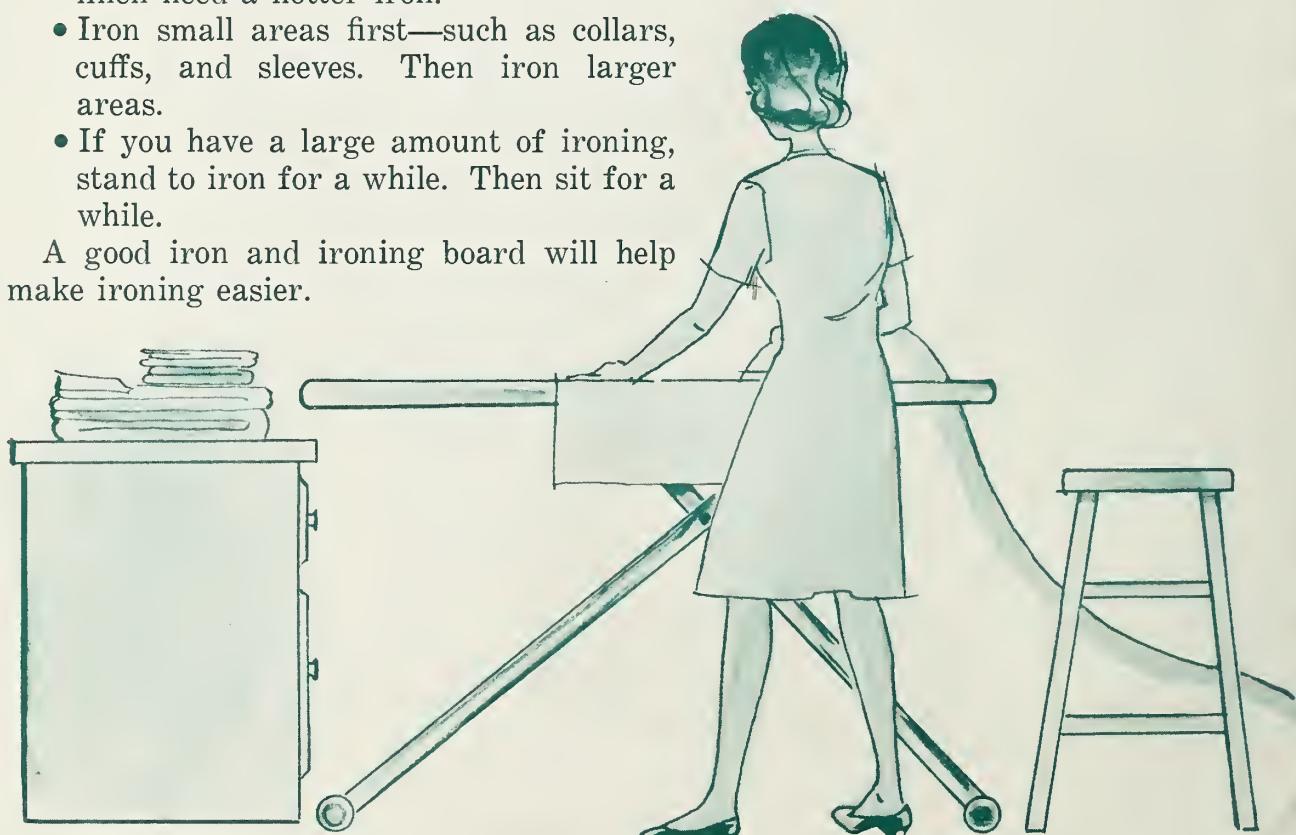
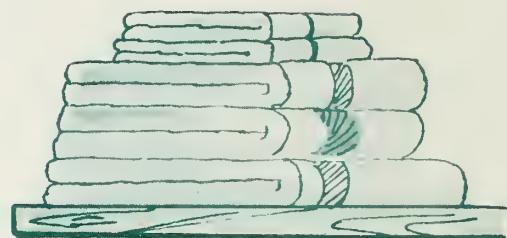
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Ironing and Folding Clothes

Few women really enjoy ironing. But you can do some things to make it easier.

- Some things may not need ironing if you . . .
 - Smooth out wrinkles with your hands while you fold—clean towels, sheets, T-shirts, shorts, and socks.
 - Fold laundry on a firm table or shelf. Well-folded items will give you neater storage on shelves and in drawers.
- Sort your ironing so you can iron the clothes first that take the coolest temperature. Turn the temperature up as you come to the clothes that need more heat. For example, Dacron and triacetate should be ironed at very low temperatures so they won't melt. Cotton and linen need a hotter iron.
- Iron small areas first—such as collars, cuffs, and sleeves. Then iron larger areas.
- If you have a large amount of ironing, stand to iron for a while. Then sit for a while.

A good iron and ironing board will help make ironing easier.



Your Ironing Board

You can buy one made of metal or wood.

Choose an ironing board that you can adjust in height so you can either stand or sit comfortably.

OR

Make your own from a smooth, flat, clean board. It should be wide enough (12 to 14 inches) so you can iron a large area at a time. It should be long enough so you can iron the length of a skirt or pair of pants.

Shape one end like this  so it will be easier to iron sleeves and other shaped areas.

Prop a homemade board at a comfortable height. Be sure it is steady. A hot iron can hurt you if it falls.

Padding on your board will help make ironing easier and smoother. You can buy padding or make it out of old towels, blankets, or other soft material.

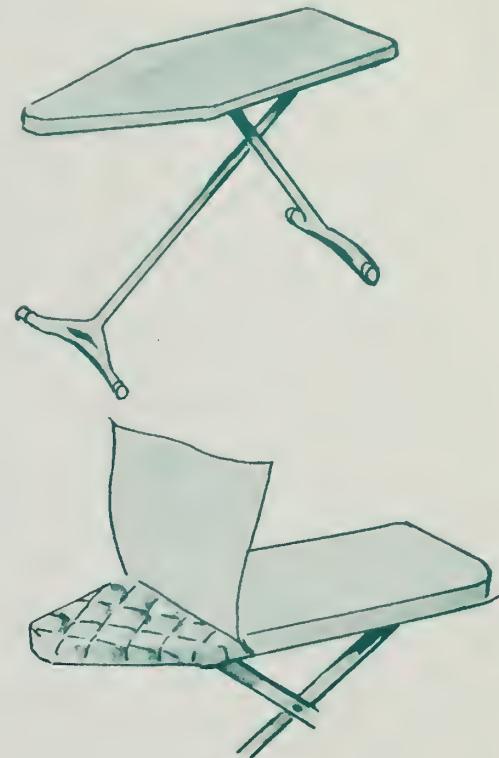
Fasten the padding in place with a clean washable cover. You can make one from an old sheet.

Your Iron

You may choose a dry iron, a steam iron, or a spray iron. A steam iron or spray iron can also be used as a dry iron. They will save you time and work.

See that the handle of the iron is comfortable to your hand. The weight should be easy for you to use. About 3 pounds is good for most people.

Buy one that says "approved by Underwriters' Laboratories, Inc." This means the wiring is safe.



Take Care of Your Iron

- Read the instruction book. It will tell you any special things you need to know about your iron.
- Keep the bottom of the iron clean. If you get starch or stains on it, clean it carefully so you don't scratch it.
- Turn the iron to "OFF" and unplug it when you are finished ironing.
- Let it cool before you put it away. Wrap the cord loosely around the handle to store it. Stand it up to store it.

Steam and Spray Irons

- Use distilled water or rainwater if you can get it.
- Pour the water out of it when you are finished ironing.

Using Your Iron

- It is better to use the iron too cool than to melt or scorch the clothes.
- When you iron slowly, set the iron temperature lower than when you iron fast.
- Some fabrics water-spot. Test a hidden area. If it spots, don't spray-iron it.

